who Object to Smoking—Other Feminine Interests

DMEN WHO HAVE NOT SWORN ALLEGIANCE TO NICOTINE

Inny Still Old-Fashioned Enough to Object to the Odor of Tobacco While Lacking Courage to Express Their Opinions

ERE are many women who smoke, but there are still many more who do and many of these latter are oldd enough to object strenuously the odor of tobacco in their house, in own clothes. Yet, with the excepof those determined females who their husbands from the house when want to smoke, how many women have courage enough to voice their te when permission is asked of them amoke?

A writer in the current number of bner's voices her opinion of smoking d confesses her own inconsistency in the matter.

She says of the men who smoke: "They are admirable, these men, but, identally, they smoke. With the whole of their miscellaneous hearts they love o puff their excellent cigar; and they ve every reason to think that I like to have them do it. I tell them so.

"Exactly why I tell this particular lie the problem for the moment. It is not because I am afraid that they will not marry me if I confess the truth, for I do

not mean to marry these particular men. It is not because I want to make myself selfish about it, nor polite, nor benevolent. I am not terrorized and I do not lack conviction. I dislike the odor of tobacco as decidedly as I might deprecate the burning of rubber, or a glue factory in my presence; but I still smile my gratiled assent whenever the subject is brought up. • • •

"The gentlemen who smoke are, of ourse, never conscious of this general nature of their fumigation. An automobilist does not get his own dust. Neither foes the smoker. He sits within the ncense offering, and the clouds eddy around him, and up and out and over. enveloping the neighbors. It makes no friends, despite my sense of smell. And particular difference which way he points, they will go through life convinced that and I really have no suggestions to offer I do not mind cigars, for I shall tell for his guidance, although I have applied them so."



A hat such as this certainly saves the eyes from the glare of the sun!

my mind to all sorts of mechanical de vices whereby the man behind the cigar may burn his own smoke. But none charming, for with all of them I am an of these seem quite to satisfy. The old story, past spoiling. Nor am I un smoking mortal is a social creature; he wishes to be in the midst of the friendly group, not seated aloof.

"I find, in short, that right here is the heart of the motive for my concealment of my loathing of tobacco. Your true smoker is never half so easy to deal with as when he is nicely lighted and comfortably smoldering. It costs only half as much tact and two per cent as much

entertainment to run an evening's chat with his cigar as without it. * * * "That, I think, is the reason why a man, by asking, can never tell whether

or not a woman likes his pipe. * * * I therefore try serenely to love my

THE WOMAN'S EXCHANGE

Letters and questions submitted to this department must be written on one side of the paper only and signed with the name of the writer. Special queries like those given below are invited. It is understood that the editor dors not necessarily indorse the sentiment present. All communications for this department should be addressed as follows: THE TOMAN'S EXCHANGE. Evening Ledger. Philadelphia, Pa.

TODAY'S I	INQUIRIES
1. How can an twy or other vine be trained around a pillar or post?	1. How should watermelon be served?
2. How can statuary be freed of dust with-	2. Must table cloths be used for all meals? 3. May corn be eaten on the cob?
8. How can steel buckles be cleaned?	· · · · · · · · · · · · · · · · · · ·
ANSWERS TO YEST. 1. Cold pack canning simply means to scald or blanch, and cold dip all versetables, to pack them uncooked and cook in the closed jar. 5. In blanching, the product is left in the water for a longer period than in scalding.	ERDAY'S INQUIRIES 1. When young children are obliged to wear mourning they should, if the parents can afford it, be dressed in white mourning. 2. A dull-finished taffeta, soft silk ribbon or dull gros-grain can be used for mourning.
8. Blanching is necessary for canning be- muse it eliminates objectionable acids and brid flavors and makes it unnecessary to ex- ment or use the intermittent process in can- ling, and also shrinks the product.	3. Gray, white and lavender can be used for second mourning. Wants a Baby Coach
Substitute for Hot Irons To the Editor of Woman's Page: Dear Madam—Perhaps some of your readers would like this suggestion. I have tried it and it implifies my ironing very much. Tack a piece	To the Bottor of Woman's Page: Dear Madam-Do you know any one in West Philadeiphia or Darby who would have a baby coach to give away? I have a small baby and a first to buy a coach. I have often read of your helping others and will be very thankful if you can do the same for me. Mrs. G.

IN THE MOMENT'S MODES

Shetland Sweater With Angora Collar and Cuffs

Perhaps you have delayed acquiring a sweater until now. Perhaps you have been making last summer's garment do this summer's duty. In any event, if you want your sweater to correct the weat your sweater to conform to the very smartest idea in the mode you must have it finished with collar and cuffs of angora wool, with maybe a lower edge trimming band of the same material. White is band of the same material. White is more effective for this purpose than any color that you might select. This is true even when the body of the sweater is white. There is a certain softness about white angora that is lacking in any color of the same material. And when the sweater it-self is of color the white collar and cuffs add a touch of character, of distinction, to its appearance. The distinction, to its appearance. The sweater pictured in the adjoining sketch is of Shetland wool, in salmon color, with white angora collar and cuffs.

PATSY KILDARE, OUTLAW

In Disgrace

In Disgrace MORNINGS are all the same. We fry and eat pancakes. My father says pancakes are cheap and nourishing and it that isn't reason enough for his making them every morning, another good reason is that he knows how to make them and doesn't know how to make anything eise. He says the last is the best reason of all. This morning when my father went to bed to sleep after his night watching I got two nickels out of his pocket for my dinner and then Rowdy and I rambled. When we came to the Recters' new house which they are building where the house stood that Wilbur. Carpenter set on fire and got his face full

look up and there in the door stood the tell lady and Mrs. Carpenter and Wilbur, all white from head to foot. The tall lady said to the rectard the house stood that Wilbur Carpenter set on fire and got his face full of powder burns, which helps it some, the men were not working. So Rowdy and I went through the new house and I went up the ladder into the upstairs part. After a lot of coaxing Rowdy came up too. I had half a brick trying to drive a nail

lot of coaxing Rowdy came up too. I had half a brick trying to drive a nail into a plank when I heard a noise, and ran to where a window is going to be and looked out. There I saw Wilbur and Dutch and I smiled at them and they smiled back. I thought if they felt as friendly as that I would go down and play with them. So I started to go down the ladder and the lad-der had been taken away and there was no way for me to go down. I went back to the The tall lady took me into a little and as I was going I whispered real low, "Dear mother which art in heaven, your little girl is in trouble and doesn't know what to do. Please tell God and hurry up about it." Then we were in the little room what to do. Please tell God and hurry up about it." Then we were in the little room and the tall lady said to me, "Did you do that?" I said, "Yes, ma'am. But....." She said, "That will do. Remain in this room until I tell you to go back to your class." Then the others went out. Mrs. Carpenter looking pleased. Rowdy and I climbed through the window and went home and crawled under the house and wondered if the tall lady and June and Miss Groarty der had been taken away and there was no way for me to go down. I went back to the window and said. "You put that ladder back." Wilbur said "Honk-honk." and Dutch laughed. Then they looked around to see if any one was coming. There was a board against the front of the house and I gave it a push and over it wast and slawed Wilbur on the head the tail lady and June and Miss Groarty would care if we died and wished that we could try it and see. So we stayed until it

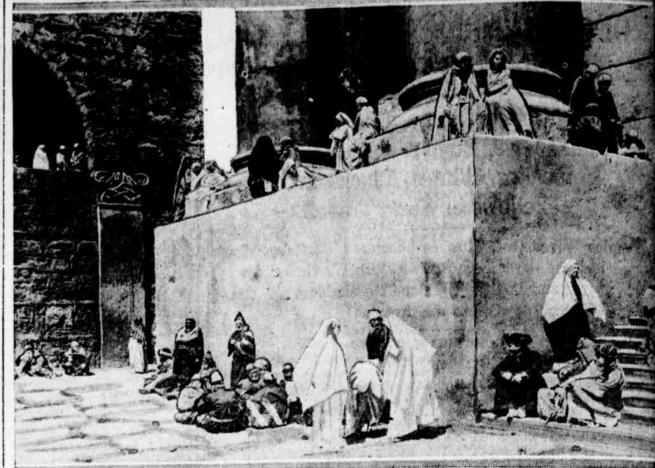
the house and I gave it a push and over it went and slammed Wilbur on the head. Down he went in a box of plaster the men had made to use and he got up squalling and started for home. Dutch ran away and I hung by my hands and dropped. Then I put back the ladder and helped Rowdy and we got to school in time, only ' had to go back to the new house for my books, which I had forgotten.

back to the new noise for my bound, which I had forgotten. The very first thing the tall lady took me to my teacher and said, "Here. Miss Groarty, I am afraid I am handing you

THE GOOD HEALTH QUESTION BOX By JOHN HARVEY KELLOGG, M. D., LL. D.

THEATRICAL NEWS SEEN AT A GLANCE

"FLASHING-BACK" TO THE BIBLE



This imposing bit of architecture was built for "The Eternal Magdalene," a forthcoming Goldwyn feature, in which Maxine Elliott is starred and which will be seen at the Stanley during the new theatrical season.

A PAGE ABOUT THE PAGE OF PURPLEST PUBLICITY

Being a Warning to Philadelphians That the Crimson Comet of Press Agents Is About to Flare Over the Local Sky

"PAGE" is a name that suggests any-thing from Mistress Ann of that label to the book in which the band prisoned her, and from "The Marriage of Figaro" to the Bellevue-Stratford. What it doesn't suggest to the casual reader is an extremely Interesting person who peddles publicity of such a wild and excessively readable nature that his own purple personality is buried beneath the Ossas of adjectives and Pelions of press matter created by his agile brain

So this story, the first absolutely accurate one of its sort, entirely unsolicited, is about Will A. Page, who is doing the ad-vance work for "The Wanderer"; the spec-tacle which comes to the Metropolitan in September. Mr. Page, as lots of Philadellight.

phians know, is affable, ripe, rotund, suave and beyond draft age. A column or two might be devoted to his sartorial effects, to the inevitable cane, to the Julia Mar-lowe-Margaret Anglin lisp-suggestion of his purling syllables, which cost Comstock, Elliott and Gest several dollars a minute. But it is what he has done, rather than what he is, that makes good reading.

was dark and then I spent my nickels for things to eat and ate them and I prayed, "Dear God, please do not let my mother feel From the days of the Orpheum Stock Company, and even before that, William flamed across the hodden horizon of Philabad, for it is all right. I know you did not have time to get there today, it was too sudden. But you'd better be there tomorrow, delphia like an amiable and capacious comet, Dramatic editors grabbed their desks and awaited verbal and emotional shocks whenever he came to town in the interests of

a show. They expected strange and radiant happenings and William never disappointed. He is the man who has caused "the biggest painted sign in the world" to arise at the Metropolitan. He is

the man who did a landslide business at

Wanderer."

Matince.

2.10

2.28

2.35

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3.38 4.00

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4.26

2.15

Heath please write! Here is Mr. Page's latest yawp:



while olicieth on the wall of the kitchen, and the provide the second se

Thank you for your suggestion, which ne of my readers may care to adopt.

Broken Yolk Cannot Be Separated

To the Editor of Woman's Page: Dear Madam—Can you tell me how to get the white of an egg away from the yolk when it is tracen? I started to make some mayonnaise tracent and some of the white got into the yolk. and I had to waste the egg. J. B.

Once the yolk has broken it is not possi-ble to separate it from the white; but hough the yolk alone is supposed to make a setter dressing, the white will not spoil it if allowed to remain in. In fact, if you add all of the white it will aid in the stiffening of the dressing and will make more. If short of oll, it is a good thing to leave the white in.

Suggestive Home-made Holders

the Editor of Woman's Page: Desr Madam-Perhaps this would be of inter-t to your readers. The holders for pois and ans that I buy in the stores wear out so rapidly het I make my own now, and this is how I do

hat I make my own now. And this is now 1 do I take an old worn-out bathing jersey and cut versi squares. the size I want my holder to be, the desired thekness and baste them to-my old pieces will do-and cover the pad. With machine stliching around the edges and a tape to any it up by, the result is a neat holder. Just be middle from corner to corner and a tape to any it up by, the result is a neat holder. Just be middle from corner to corner and a tape to and it the cretonne is pretty "brightens be and if the cretonne is pretty "brightens a corner" of the kitchen. E. T. H.

Preserve in Glass

Preserve in Glass To the Editor of Woman's Page: Dear Madam—Can you tail me what sort of mans should be used for cherries. blackberries. Propherries and currants? (Mrs.) F. S. A. Pruits such as you describe should be preserved only in glass jars or lacquered and the state of the state of the state of the state preserved only in glass jars or lacquered and the state of the state of the state of the state color if canned in time. also.

Save Jelly From Spoiling

Bave Jelly roman's Page: Bitter of Woman's Page: Madam—Is it possible to save fruits have begun to mold? I have several lars mant jelly and noticed this marning a tiny and gray specks, as if they were about to WORRIED.

uits which have begun to mold may times be saved if treated as soon as show signs of spoiling. Loosen the sand cook in the jars for ten minutes over. An increasing cloudiness in the or fresh bubbles will indicate spoilage.

Cauliflower Soaked in Sait

adam-Can you tall me how long cauli-madam-Can you tall me how long cauli-build be socked in cold water before r is for caming? JANE.

tore three to six hours before placing

a bruch of about to

Spots From Taffeta Frock To the Editor of Woman's Page: Dear Madam—I have a dark biue taffeta dress and have tried many ways of taking off some spots which have come on it, still I cannot set rid of them. Will you kindly suggest some way of setting rid of them? HELEN 8. There are special ways of removing spe-cial kinds of spots. French chalk, for in-stance, sifted over a grease spot and allowed to remain on it for tweive to twenty-four house will remove a spot inade by oil, but-ture or machine grease. If Presch chalk or gasoving will not take the main on the taffeta you would do

Perhaps some of my readers have a baby coach which they do not need and will communicate with me on the matter.

Proper to Travel in Daytime Together

Picnic Luncheon

as it keeps things cool or hot as desired, it

lettuce and mayonnaise are light to carry

Would Motor With Young Man

Spots From Taffeta Frock

is worth lugging about.

To the Editor of Woman's Page: Dear Mailam—I am ensued to a young man, and we have been invited to go to Maine for a stay of two weeks when he has his vacation. I have not been able to find any other woman who is going up in that direction at that time. Would it be improper for us to travel up to gether on the same train? I can break the trip by stopping all night with a friend in Boston and my fance can stay at a hotel. What should we do about this? The send here the stopping and the stopping of the stopping the stopping to the stopping the stopping and the stopping the stopping the stopping at the stopping th quent injury. Many persons complain of 'weak arches" without having reached the

stage of "fallen arches" or flat foot. Properly chosen exercises, with as much rest as possible, are the best remedies to adopt. Rest allows the overstrained liga-ments and muscles which normally main-It would be rather foolish for you to travel up one day to Boston and your flance follow on the next day, and so on to Maine. It might cause gossip if you traveled straight through to Maine on sleeping cars without a chaperone, but if you break the tain the arch to recover their elasticity and tone, and this is helped by massage of the feet and legs.

A person with this condition of the arches trip by stopping in Boston over night with friends there is no reason why you should not travel in the day trains together. A person with this condition of the arches should walk with toes pointed directly for-ward, if possible slightly inward, for a time, and when sitting should cross the feet so that they rest on their outer borders—a position which, if not elegant, is at least restful and beneficial. The best exercise is raising the body on tiptoe with the toes turned inward. This must not be done to the extent of great fatigue. Lowering and raising a dozen times night and morning is sufficient for a

To the Editor of Woman's Page: Dear Madam-We are giving a picnic next week in the woods about five miles in the coun-try. What sort of things to eat would you advise our taking? Are singham dresses and fluffy hats the proper things to wear for such a nerty? KATE.

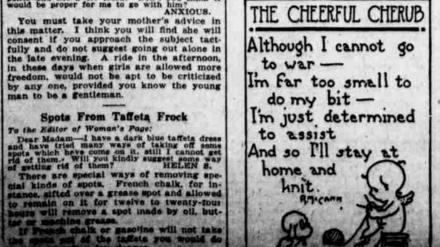
party? KATE Of course, an elaborate luncheon of salads and cold meats could be taken, but these things always necessitate silver, and then you have to carry the silver home. It is of the heel of the shoe higher than the outer, and many cases will require arch supports to be worn in the shoe. better to carry such things as sandwiches, cake, fruit and perhaps a vacuum bottle filled with some cooling drink. Of course, the vacuum bottle must be taken home, but

Appendicitis

Does every case of appendicitis require oper-ation? If not, what proportion of cases require operations? E. J. G. Simple catarrhal appendicitis is frequent-ly cured without an operation, but at any time there may be a recurrence of the Dainty sandwiches of minced chicken and mayonnaise, ground olives and chicken livers, or ground olives and cream cheese, and require no forks and knives; fruit also may be eaten with the fingers, and cakes time there may be a recurrence of an condition which may develop into an abscess and require an operation. Many surgeons consider it proper to remove the appendix consider it proper to remove the appendix consider it proper to remove the appendix in every case of appendicitis in order to prevent further and more serious trouble. Mild cases of appendicitis, if chronic, may be cured by rest, free bowel action, a correct dist—no meats of any sort—and treatment Gingham dresses or white shirts and skirts would be appropriate to wear, but I would advise plain hats, sports or stiff, rather than fluffy ones for a day in the diet-no meats of any sort-and treatment of the colon for the cure of the colitis which exists in virtually all of these cases.

High Blood Pressure

Would Motor With Toung man To the Editor of Woman's Page: Dear Madam-I know a young man who has a small motorcar which only holds two persons. He has asked me to go out with him several times, but my mother has not allowed it; ahe ays there should be a third person with us as I am only seventeen. I have known the young man for six months and he has always been very pelite and not a bit fresh. Don't you think it would be proper for me to go with him? ANXIOUS. Is it serious for a woman forty-seven years of age to have a blood pressure of 1857 X. T. Yes; the blood pressure should be about 120 at all ages. A strict diet and a very



wer to health questions. Doctor Kellogg in this space will daily give advice on preven-cine, but in no case will he take the risk of making diagnoses of or prescribing for a ints requiring surgical treatment or drugs. Health questions will be promptly an swered by personal letters to inquirers who inclose stamped envelopes for reply. prescribing for ail-

Flat Foot

THIS condition is usually found in young adults whose occupation entails long standing and constant overfatigue, or it may be caused by a fall on the feet, with subse-

Intestinal Gas

I am troubled with intestinal gas, chiefly in the morning. I do not eat much meat. I drink milk, cat eggs, etc. F. M. F.

Some people are sensitized to milk and are not able to eat it. Eggs also, if eaten frequently, do not agree with many people. You should avoid all meat, milk, and eat eggs very sparingly and always soft cooked. The yokes are better than the whites. Your diet should consist chiefly of fruits. fresh green vegetables and cereals. Eat bran, graham and rye bread. Drink at least six glasses of water daily, between meals. The right kind of food should result in

three bowel movements daily

Backache-Cloudy Urine

My husband complains of backache continually and his urine is not clear, but of a reddish color. What advice would you give? MRS. H.

The patient should consult a physician with reference to the cause of the It may be due to excessive meat eating or to some other error in diet. The free use of fruits and vegetables and copious water drinking will probably cause the sediment to disappear (Copyright.)

Tomorrow's War Menu

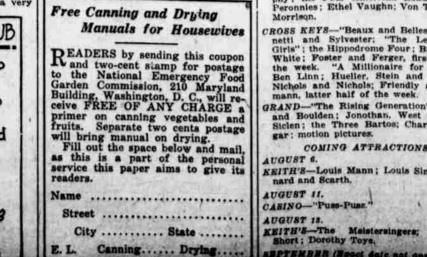
Coffee

BREAKFAST

Berries Stewed Beef Kidney Oatmeal Griddle Cakes Syrup

DINNER Broiled Chicken Hominy au gratin Vegetable Cutlets Watercress Corn Muffins Pineapple Frappe Iced Coffee Macaroons

SUPPER . Scones with Jam Iced Tea Cheese Cantaloupe



"NOLL'S" MUSINGS

(flits of dialogue from Oliver Goldsmith's The Vicar of Wakefield, which, with Fred-ick Wards in the title part, will be seen the Stanley the first half of next week.) THERE is scarcely any virtue I formed to resist the power of long and pleasing temptation.

No situation, however wretched it seems, but has some sort of comfort

attending it. The dullest fellows may learn to be comical for a night or two.

Mortifications are often more painful than real calamities. In this life it appears that we can-

not be entirely blest, but yet we may be completely miserable.

THEATRICAL BAEDEKER

FOR THE COMING WEEK

FEATURE FILMS

STANLEY-"The Vicar of Wakefield," with Frederick Warde, first half of the week. "The Golden Idlot." with Bryant Wash-burn, latter half of the week. Others.

ARCADIA-"Sudden Jim." with Charles Ray, first half of the week. "Borrowed Plumage," with Bessle Barriscale, latter half of the week. Others,

VICTORIA-"The Slacker." with Emily Stevens, all week. Others.

PALACE-"Wife Number Two," with Valeska Suratt, all week. Others.

REGENT-"The Message of the Mouse," with Anita Stewart. Monday. Tuesday; "The Hidden Spring," with Harold Lock-wood, Wednesday, Thursday; "The Inno-cent Sinner," with Miriam Cooper, Friday, Saturday. VAUDEVILLE

KEITH'S-Albertina Rasch and company in dances: Herbert Clifton, character im-personator; "On the Fourth Floor," with Mr. and Mrs. Mel-Burne; "Odd Nonsense," with Mullen and Coogan; Nonette, violin-iste; "A Pierrot's Dream"; "Song Stori-ettes," with Ward and Cullen; Witt and Winter; Pathe Weekly.

GLOBE-"Her Great Chance," with Emily Smiley; "On the School Playground," Har-ry Brooks and company; Ryan and Joyce; Warren and Ophal; Senator Francis Murphy; the Four American Beauties; the Peronnies; Ethel Vaughn; Von Trout and

CROSS KEYS—"Beaux and Belles": Marti-netti and Sylvester: "The Leap Year Girls": the Hippodrome Four: Brown and White: Foster and Ferger, first half of the week. "A Millionaire for a Day"; Ben Linn; Hueller, Stein and Phillips: Nichols and Nichols; Friendly and Her-mann, latter half of the week.

GRAND-"The Rising Generation"; Cotter and Boulden; Jonothan, West and Van Siclen; the Three Bartos; Charles Lede-

KEITH'S-Louis Mann; Louis Simon; Ber-nard and Scarth.

KEITH'S-The Meistersingers; Hassard Short ; Dorothy Toys,

SEPTEMBER (Beact date not anno

